adjacent pairs of said plurality of corrugations on one side of said tubular body and a second longitudinal channel extending between adjacent pairs of said plurality of corrugations on an opposite side of said tubular body, each of said first and second longitudinal channels extending outwardly of said tubular body by a distance less than a distance that said plurality of corrugations extends outwardly of said tubular body, said first longitudinal channel and said second longitudinal channels extending for an entire length of said tubular body, each of first and second longitudinal channels in fluid communication with said interior passageway.

- 22. (new) The duct of Claim 21, said first longitudinal channel being diametrically opposed from said second longitudinal channel around said tubular body.
- 23. (new) The duct of Claim 21, each of said first longitudinal channel and said second longitudinal channel opening at opposite ends of said tubular body.
- 24. (new) The duct of Claim 21, said tubular body having a wall extending between adjacent corrugations, each of said first longitudinal channel and said second longitudinal channel extending outwardly of said wall.
- 25. (new) The duct of Claim 21, each of said first longitudinal channel and said second longitudinal channel having one end opening to one of said pair of corrugations and an opposite end opening to the other of said pair of corrugations.
- 26. (new) The duct of Claim 21, said first longitudinal channel and said second longitudinal channel connecting said plurality of corrugations in fluid communication.
- 27. (new) The duct of Claim 21, said tubular body having a circular cross-section in a plane transverse to said longitudinal axis of said tubular body.

28. (new) The duct of Claim 21, said tubular body and said plurality of corrugations and said first longitudinal channel and said second longitudinal channel being integrally formed together of a polymeric material.

29. (new) An apparatus comprising:

a tubular body having a longitudinal axis and an interior passageway, said tubular body having a plurality of corrugations extending radially outwardly therefrom, each of said plurality of corrugations being in spaced relation to an adjacent corrugations, said tubular body having at least a first longitudinal channel formed on one side of said tubular body and a second longitudinal channel formed on another side of said tubular body, said first and second longitudinal channels being in spaced relationship to each other, said tubular body having a circular cross-section in a plane transverse to said longitudinal axis of said tubular body, said first and second longitudinal channels being in fluid communication with said interior passageway and said plurality of corrugations;

a single tendon extending through said interior passageway of said tubular body; and

a grout material filling at least a portion of said interior passageway of said tubular body.

30. (new) The apparatus of Claim 29, said grout material filling said plurality of corrugations and said first longitudinal channel and said second longitudinal channels.

31. (new) A tendon receiving duct comprising:

a tubular body having a longitudinal axis, said tubular body having an interior passageway suitable for receiving a single tendon therein, said tubular body having a plurality of corrugations extending radially outwardly therefrom, said tubular body having at least a first longitudinal channel formed on one side of said tubular body and a second longitudinal channel formed on another side of said tubular body, said first and second longitudinal channels being in spaced parallel relationship to each other, said first longitudinal channel and said second longitudinal channel extending for a length of said tubular body, each of said first longitudinal channel and said second longitudinal channel opening to and in fluid communication with said interior passageway, each of said plurality of corrugations having a flat outer surface, each of first and secon longitudinal channels extending outwardly of said tubular body by a distance less than a distance that said plurality of corrugations extends outwardly of said tubular body, said tubular body having a circular cross-section in a plane transverse to said longitudinal axis.

- 32. (new) The duct of Claim 31, said first longitudinal channel being diametrically opposite said first longitudinal channel around said tubular body.
- 33. (new) The duct of Claim 31, each of said plurality of corrugations being in spaced relationship to an adjacent corrugation, each of said plurality of corrugations opening to and in fluid communication with said interior passageway, said first longitudinal channel extending between adjacent pairs of said plurality of corrugations, said second longitudinal channel extending between adjacent pairs of corrugations.

- 34. (new) The duct of Claim 31, said first longitudinal channel and said second longitudinal channel extending for an entire length of tubular body, each of said first longitudinal channel and said second longitudinal channel opening at opposite ends of said tubular body.
- 35. (new) The duct of Claim 33, said plurality of corrugations and said first longitudinal channel and said second longitudinal channel being integrally formed together of a polymeric material.
 - 36. (new) The duct of Claim 31, further comprising:

a single tendon extending through said interior passageway of said tubular body.

37. (new) The duct of Claim 36, further comprising:

a grout material filling a space in said interior passageway between said single tendon and an inner wall of said tubular body.

38. (new) The duct of Claim 37, said grout material filling said first and second longitudinal channels.